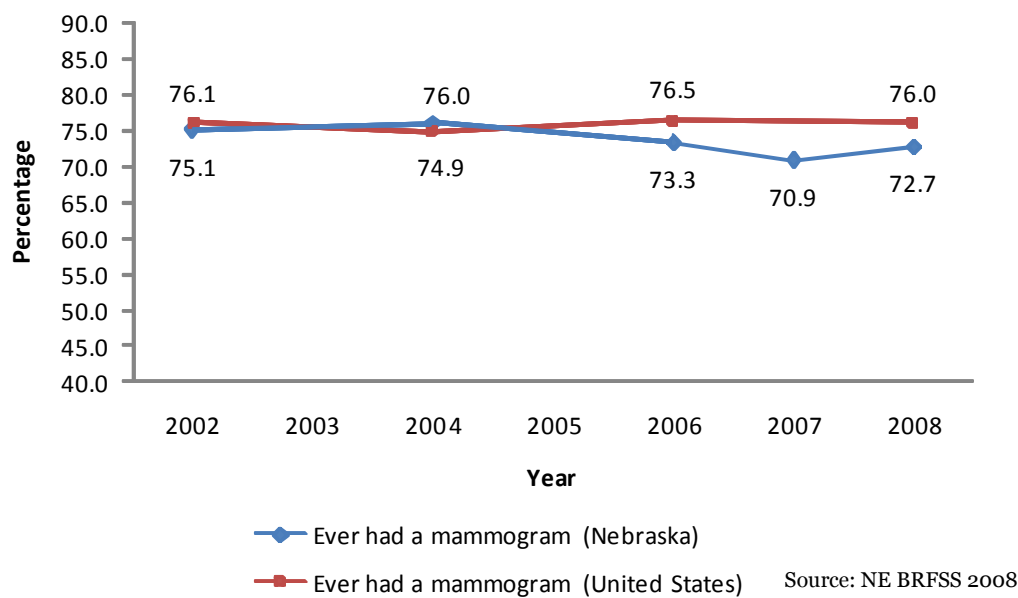


Breast cancer screening among Nebraska women, 2008

Figure 1: Percentage of Nebraska women ages 40+ years who reported having a mammogram in the past 2 years, by year, 2002-2008



**2008 Nebraska BRFSS
Quick Facts:**

- Approximately 1 in 4 Nebraska women ages 40+ years reported **not** having a mammogram in the past 2 years.
- Women ages 40-49 years and those who had no high school diploma or GED education were less likely to report having a mammogram in the past 2 years compared to older women and women with a higher education level, respectively.

Figure 2: Percentage of Nebraska women ages 40+ years who reported having a mammogram in the past 2 years, by age, 2008

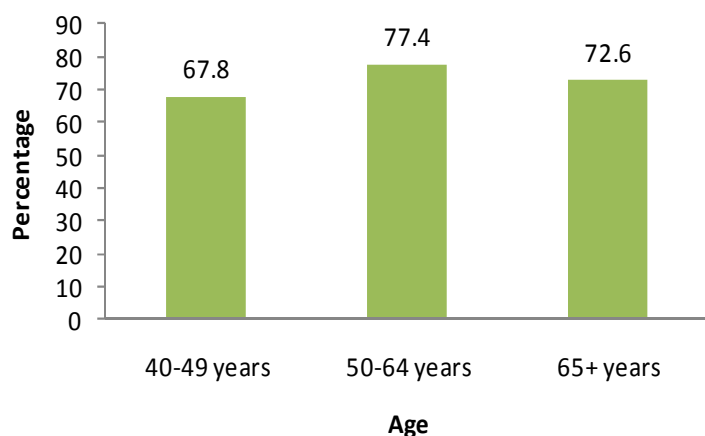
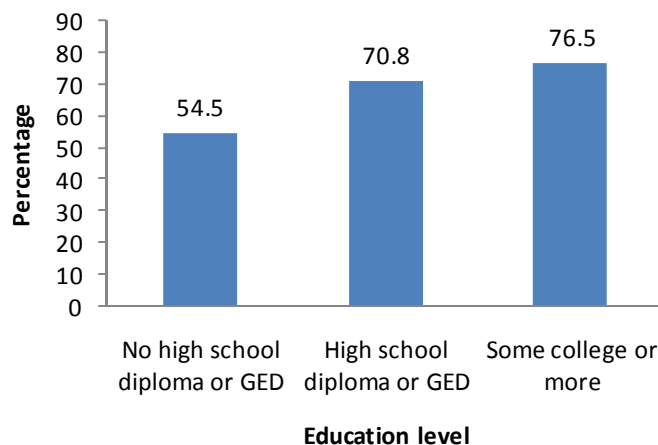


Figure 3: Percentage of Nebraska women ages 40+ years who reported having a mammogram in the past 2 years, by education level, 2008



Nebraska Behavioral Risk Factor Surveillance System

Breast cancer is the most common cancer diagnosed among Nebraska women, and the second most frequent cause of female cancer deaths in the state. (Source: *Cancer Incidence and Mortality in Nebraska: 2007*)

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Three main tests are used to screen the breasts for cancer:

- **Mammogram:** A mammogram is an X-ray of the breast. Mammograms are the best method to detect breast cancer early when it is easier to treat and before it is big enough to feel or cause symptoms. *Women age 40 years or older should have a screening mammogram every one to two years.*
- **Clinical breast exam:** A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- **Breast self-exam:** A breast self-exam is when you check your own breasts for lumps, changes in size or shape of the breast, or any other changes in the breasts or underarm (armpit).

Although having regular mammograms can lower the risk of dying from breast cancer, having a clinical breast exam or a breast self-exam have not been found to decrease risk of dying from breast cancer. ***The best way to find breast cancer is with a mammogram.***



Every Woman Matters is a program that can help women ages 40-64 years who meet income eligibility requirements pay for screening mammograms. For more information, visit www.dhhs.ne.gov/womenshealth/ewm

For more information about breast cancer screening, contact:

Nebraska Comprehensive Cancer Control
301 Centennial Mall South, P.O. Box 95026
Lincoln, NE 68509-5026
Phone: 402-471-4411
Fax: 402-471-6446
Website: www.dhhs.ne.gov/NebraskaCARES



About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from approximately 16,000 landline telephone BRFSS surveys conducted in Nebraska in 2008. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>